

### **AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions, and listing, of claims in the application.

#### **Listing of Claims:**

1-17 (Cancelled).

18 (Previously presented). A sports device comprising an elongated body extending in a longitudinal direction, the elongated body comprising at least two handles, wherein the handles are configured to respectively accommodate a hand or a foot, and wherein the elongated body can be elastically flexed from the longitudinal direction, the elongated body further comprising respective body ends and having borings transverse the longitudinal direction through the elongated body, wherein the handles are attached close to the respective body ends by of said borings.

19 (Previously presented). The sports device according to claim 18, wherein the elongated body is structured and arranged in the form of a swimming float.

20 (Previously presented). The sports device according to claim 19, wherein the elongated body comprises a material generating buoyancy in water.

21 (Previously presented). The sports device according to claim 20, characterized in that the material generating buoyancy is a closed-cell foam.

22 (Previously presented). The sports device according to claim 18, wherein the elongated body has a resting position and, in said resting position, comprises a shape of a cylinder.

23 (Previously presented). The sports device according to claim 18, wherein the elongated body has a resting position and, in said resting position, comprises a shape,

a cross-section of which in at least a main portion along the length of the body has the form of a circle, a half circle, a rectangle, a square, a polygon, a rhombus, a kite-form or a trapezoid.

24 (Previously presented). The sports device according to claim 18, the elongated body further comprising an end that is planar or rounded.

25 (Previously presented). The sports device according to claim 18, the elongated body further comprising a surface having a signal color.

26 (Previously presented). The sports device according to claim 18, wherein the handles are attached separately to the elongated body.

27. Cancelled.

28 (Previously presented). The sports device according to claim 18, further comprising tube elements respectively inserted through the body in the borings.

29 (Previously presented). The sports device according to claim 18, wherein each handle is formed independently by a hoop and/or a loop.

30 (Previously presented). The sports device according to claim 29, wherein the hoop and/or loop comprise a cushioning made of soft material, which are at least partially enclosed the hoop and/or loop.

31 (Previously presented). A sports device comprising an elongated body extending in a longitudinal direction, the elongated body comprising at least two handles, wherein the handles are configured to respectively accommodate a hand or a foot, and wherein the elongated body can be elastically flexed from the longitudinal direction, wherein the handles each are attached to the elongated body by a stretchable element comprising an elastically stretchable material to enable pulling movement for elastically flexing the

elongated body from the longitudinal direction, and/or stretching movement in the longitudinal direction.

32 (Previously presented ). The sports device according to claim 18, the elongated body further comprising a shape that is structured and arranged such that the elongated body can be grasped or held, both in a resting position and in an operating position, by a hand of a person via a first handle and by a foot of the person via a second handle.

33 (Previously presented). The sports device according to claim 18, the elongated body further comprising a length and a width, wherein in a resting position the elongated body is about 2 to 15 cm in width and about 40 to 150 cm in length.

34 (Previously presented). An assembly comprising a sports device according to claim 18 and at least one standing holder, into which the elongated body is inserted.

35 (Previously presented). An assembly comprising a sports device according to claim 31 and at least one standing holder, into which the elongated body is inserted.